

Heart Rate Activity Lesson

Level: Middle or High School

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. Jogging, running and throwing an object toward a target are all motor skills involved in the game.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. Team work and strategy are key components of Frisbee Golf.
3. Achieves and maintains a health-enhancing level of physical fitness. Wearing the heart rate monitor during the activity will ensure that each student is putting forth an appropriate amount of effort to improve their cardiovascular fitness.
4. Exhibits responsible, personal, and social behavior that respects self and others in physical activity settings. Students will be required to put on, use, and properly put away the heart rate monitor. They will need to encourage team members to do their best to be successful at the game.

Equipment Needed: Any type of Frisbee, 1 per team. – Polar Gofit iPad app and H7 heart rate monitors, 1 per person. - Score Cards, 1 per team. (See a sample score card below)

Procedure:

Set up a predetermined 10-hole golf course using landmarks around your playing area. Outline those holes on a simple map. Print one score card and map for each team.

Explain the rules and scoring to the class:

- Choose an order to throw the Frisbee; you must remain in that order for the remainder of the game.
- Start all of the heart rate monitors together at the beginning of the course. Make sure each person on your team has an accurate heart rate.
- All teams' number one's will start by throwing the Frisbee toward the first target. Number two on each team will then take their turn. Repeat with subsequent team members until the target has been hit.
- Start the next hole with the next person in order. If number three hit the target number four starts for the next hole. All team members must be together at the target before the next person in order throws.
- The team captain keeps track of all the throws it takes to hit the target, and records it on the score card. After the teams have completed the course, stop Polar Gofit and have the team captain record their team member's time in the target zone.
- Tally the scores and announce the winner, saying positive things about each group. It is also fun to ask them who they think won. (They will usually pick the first team done.) They also realize how important their heart rate is when you have them tally their scores.

Teaching Hints:

Include insights that make this activity easy to understand and execute. Use this game to introduce complex heart rate components. Emphasize that the score is partially determined by effort. This concept can then be carried over into any game you use in your classes, de-emphasizing the score and emphasizing the benefits of each person in the class working at an appropriate level for them to achieve a personalized cardiovascular workout.

Typically the first team to finish is not the winning team. The team that works together and strategizes the most will usually win.

In your class wrap up ask the students for feedback on the game.

- Does speed help you win?
- What are some of the different ways you found to keep your heart rate up or down?
- Did any of you have significant time above or below your zone? Did that help or hurt your team? How did that affect your workout today?
- Does each person need to go at the same speed to be in their zone? Why?

Sample Inclusion Tip:

You can pair non-mobile students up with mobile students. Give the mobile students an appropriate size hand weight to encourage them to keep their heart rate up. They will still participate in throwing toward the target.

Assessment:

Save the lesson on Polar GoFit and use the time in the zone heart rate number to objectively assess the individual student's effort for the day.

Total	Stroke	Hole										
												1
												2
												3
												4
												5
												6
												7
												8
												9
												10

In Zone Points (IZP)	Player 1	Player 2	Player 3	Player 4	Player 5	Player 6	Team Total	Total Strokes	IZP Points	Final Score

Get 1 IZP for 3-5 minutes in zone, 2 points for 6-10 minutes in zone and 3 points for 11-15 minutes in zone